

There's a Cop in the Family

(Balancing two families - Home and Police)

Date March 29 & 31, 2005

Cost \$ 15 individual / \$ 20 Couple

Location Saint Paul Police Department
Griffin Building Headquarters
367 Grove Street (4th floor)
Saint Paul, MN 55101

Time 1830 - 2100

Instructors Sgt. Pat Kane, Employee Assistance, SPPD
Peggy Hepp, M.A., L.A.M.F.T.
Guest Speakers

POST Credits 5.0

The Saint Paul Police Professional Development Institute is sponsoring a two-evening course to assist families with understanding and appreciating the culture of law enforcement. This course will help identify some of the unique stressors of the law enforcement profession for officers and their family members. We will discuss various demands placed on healthy relationships and families, and methods that police families have used to survive and thrive. All participants bring a wealth of experience, strength, and humor that they have used in their families. The course instructor's hope is that a large portion of learning will come from the strengths of others in the class. Officers know what it's like to be a **COP**, but not what it's like to be in a relationship with a **COP** or a family member of a **COP**. As family members, it's difficult at times; to understand what officers experience daily and how that can affect relationships.

This course is designed for all adult family members of persons in law enforcement: spouses, partners, parents, children, and especially officers are welcome! Whether new in law enforcement or close to retirement, the course objective is to build on new skills or strengthen established ones to keep your relationships in good condition.

Participants are invited to attend individually, as a couple, and/or as a family. The classroom atmosphere will be informal, with an emphasis on the enjoyment of bringing together people sharing the same experiences. As in most areas of law enforcement, the use of humor will be promoted as a teaching tool.

To request registration material, call the Saint Paul Police Department Training Unit at (651) 266-5555.

Saint Paul Police Professional Development Institute REGISTRATION FORM

Course: _____

Date(s): _____ Cost: _____

Name: _____ POST #: _____

Position/Title: _____ Phone: _____

Agency: _____

Agency Address: _____

City: _____ State: _____ Zip: _____

Send Invoice to: _____

Phone #: _____ FAX #: _____

Please return to: _____

Saint Paul Police Department
Training Unit, ATTN: PDI
367 Grove Street, Saint Paul, MN 55101
Telephone (651) 266-5555; FAX (651) 266-5675